

**Colonoscopy**  
Three Day Prep

Date of Procedure \_\_\_\_\_ Arrival Time: \_\_\_\_\_

- Register at the location of your procedure as indicated below at least 2-3 days prior to your procedure.
  - Memorial Hermann Sugar Land Hospital
  - Methodist Sugar Land Hospital
  - Sugar Land Surgical Hospital
  - Memorial Hermann Sugar Land Ambulatory Surgery Center (ASC)
- Because you will be receiving conscious sedation, please make arrangements for someone to be responsible for driving you home after your procedure.
- **Clear Liquids** permitted the 3 days before your procedure: Broth, Boullion, Jell-o, Black Coffee, Tea, Apple Juice, Grape Juice, Gatorade, Cranberry Juice and Soda.
- You **MAY NOT** have any solid food, Orange Juice, Grapefruit Juice, Tomato Juice, Pineapple Juice, Milk or Alcohol.
- **Medications the day of the Procedure**
  - If you take Blood Pressure or heart medication, take your medication the morning of your procedure with a **small sip of water**. All other medication can be taken later in the day after the procedure.
  - For diabetic patients:  
\_\_\_\_\_
  - If you are on blood thinner medication:  
\_\_\_\_\_

**Third Day Prior to Procedure** \_\_\_\_\_

- Clear Liquids from the time you wake up
- 7:00 pm – Drink Magnesium Citrate

**Second Day prior to the procedure** \_\_\_\_\_

- Continue with clear liquids all day
- 7:00 pm – Drink Magnesium Citrate

**Day before procedure** \_\_\_\_\_

- Continue with clear liquids all day
- Select & follow one of the following preps below:

\_\_\_\_ **Half-Lytely Prep**

- Clear Liquids from the time you wake up on \_\_\_\_\_.
- Swallow 4 Bisacodyl tablets with water at noon on \_\_\_\_\_.
- Do not chew or crush the tablets. Do not take antacids one hour prior to swallowing the tablets.
- Mix Half Lytely as directed. You can put in the refrigerator to chill it.
- Six hours from the time you swallow the tablets, start drinking Half-Lytely, eight oz. glass every 10 minutes until gone. Make sure to drink all the solution.
- Nothing by mouth after midnight.

\_\_\_\_ **OSMO PREP**

- You will be given a prescription for OSMO PREP Tablets
- Clear liquids only from the time you wake up on \_\_\_\_\_.
- Begin the prep using the Dosing Schedule below at 6:00 pm on \_\_\_\_\_.

**Swallow 4 pills every 15 minutes. Every time you swallow 4 pills, you MUST drink at least 8oz. of water.**

|         |                                |
|---------|--------------------------------|
| 6:00 pm | Take 4 pills and 8 oz of water |
| 6:15 pm | Take 4 pills and 8 oz of water |
| 6:30 pm | Take 4 pills and 8 oz of water |
| 6:45 pm | Take 4 pills and 8 oz of water |
| 7:00 pm | Take 4 pills and 8 oz of water |

- Begin the second phase of the prep on \_\_\_\_\_ at \_\_\_\_\_ am.  
    \_\_\_\_ am      Take 4 pills and 8oz of water  
    \_\_\_\_ am      Take 4 pills and 8 oz of water  
    \_\_\_\_ am      Take 4 pills and 8oz of water
- **NOTHING BY MOUTH** after you take the last 4 pills and 8oz of water.